



FINCH + FENNEL

Cowboy Beans

COOK TIME: 30-45 minutes

YIELDS: 6-8 cups

INGREDIENTS:

- 1 can Kidney Beans
- 1 can Navy or Pinto Beans
- 1 can Baked Beans
- 1 White Onion
- 6 Bacon Slices
- 1 lb Ground Beef
- 2 Garlic Cloves, chopped
- 1 bottle F+F Smoked Whiskey Glaze
- 2 Tbsp Apple Cider Vinegar
- 2 Tbsp Dijon Mustard
- 2-6 Tbsp Brown Sugar



INSTRUCTIONS:

1. Start by draining kidney beans & navy or pinto beans. Rinse them under water. Set them aside, along with the can of baked beans.
2. Dice the onion & bacon. Cook the bacon on medium-high heat until it's almost fully cooked, then add the raw onion to sauté with the bacon about halfway through the cooking process.
3. Remove the fully cooked bacon & onion; set them aside. Season & brown your ground beef in the same pan.
4. Once the ground beef is fully cooked and browned, return the bacon & onion mixture to the pan.
5. Add all of the beans to the meat mixture.
6. Add the chopped garlic, F+F Smoked Whiskey Glaze, apple cider vinegar & dijon mustard; mix well.
7. Stir in the brown sugar, tasting as you go for desired sweetness.
8. Let everything simmer for 25-45 minutes before serving, stirring as needed.

Enjoy!

